

## Choosing Better Beverages for Better Health

### Limit Juice

Most children love juice and why not? After all, it's sweet and tasty! Unfortunately, excessive juice intake has been linked to childhood overweight and obesity as well as tooth decay. Pediatricians, dietitians and child health advocates are all advising parents and caregivers that too much juice is unhealthy for children. Research shows that children should not have more than 4–6 ounces of 100% juice a day, and in fact, they do not *need* juice at all. A diet which includes plenty of whole fruits and vegetables is best. Children will enjoy drinking plain water if juice is not introduced.

Children who drink a lot of juice are swallowing extra sugar and calories that they may not need. When children are given juice to drink instead of water they are drinking more calories than they may have eaten at a meal time. Over time those extra calories can add a significant amount of weight on a child who may not be overeating.

If children drink juice between meals they may not be hungry for



other foods at meal time. Juice reduces their hunger but does not supply enough nutrients to nourish them well. When children come to the table not very hungry they may only pick at their meal and eat less of the foods they need to grow and stay healthy.

Sipping on juice throughout the day can also lead to dental caries (cavities). Watered down juice is not the solution because even watered down juice coats the teeth in sugar which leads to dental caries. Especially bad for teeth is juice offered in a bottle

*(continued on page 2)*

### did you know...

- ▶ Seventy-five percent of Americans are chronically dehydrated.
- ▶ In 37% of Americans, the thirst mechanism is so weak it is mistaken for hunger.
- ▶ Water makes up 83% of your blood, 75% of your muscles, 75% of your brain and 22% of your bones.
- ▶ You can refill a glass of water about 300 times for the same cost as purchasing one bottle of water.
- ▶ Drinking one 20 oz. soda a day adds up to 58 lbs. of sugar in a year.
- ▶ Drinking one soda a day can cost about 300 dollars in a year.

Sources: Interactive Health TLG, Choose Healthy Drinks: Contra Costa Health Services

### Quotable Quotes

“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.”

– Michael Pollan

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## Choosing Better Beverages for Better Health

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or sippy cup. Bottles and sippy cups tend to go with the child and are sipped on over an extended period of time. If a child takes a bottle or sippy cup to bed with them it should be filled with water only.

### Skip Sugar Sweetened Beverages

Sugar sweetened beverages should be limited to an occasional treat and are not allowable in child care. Do not serve soda, including diet soda or *juice drinks* such as cocktails, punch, lemonade, Sunny Delight, Hi-C, Kool-Aid and most Capri Sun.

Juice drinks have little or no juice in them and contain mostly water with sugar and flavoring.

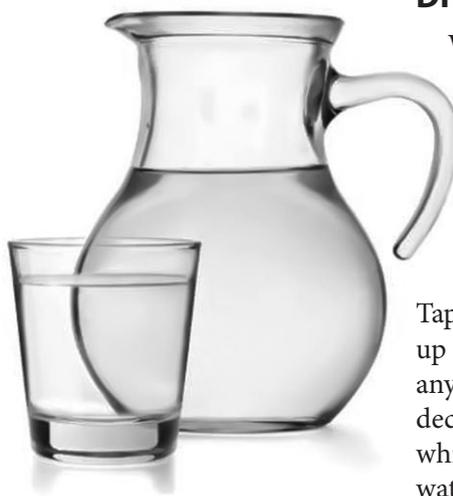
Children who drink sweet drinks may be too full to eat healthy foods, gain too much weight, get cavities and be at greater risk for developing diabetes. Drinking just one 12 ounce can of soda a day can result in a 15-pound weight gain a year.

### Milk for Health

Milk builds strong bodies, bones and teeth. Milk contains calcium, protein, B vitamins and vitamin D. Children need about 16–24 ounces a day. It can be difficult for children to get an adequate amount of calcium if milk is not a part of their daily diet. On the Child Care Food Program, milk must be served with each main meal.

Non-fat milk and 1% low-fat milk are as nutritious, with the same amount of Vitamins A & D, as whole milk but with less fat. Non-fat milk or low-fat milk is recommended for all children 2 years old and older. Whole milk is recommended for children ages 12 to 24 months.

If you serve a milk substitute, check nutrition facts label/ingredient list to be sure the product is fortified with nutrients comparable to milk and has no sugar added.



### Drink Water

Water helps your child stay cool and be healthy. Tap water is inexpensive, convenient and does not stain when spilled. In hot weather we all need to drink extra water to keep our bodies adequately hydrated.

Tap water tastes better cold, serve it up for a convenient, refreshing drink anytime. Tap water helps prevent tooth decay because it is likely to have fluoride which helps keep teeth strong. Bottled water is less regulated than tap water and is significantly more expensive.



### Serve up Healthy Drinks!

- Drink tap water. Keep a clean container of cold water in the refrigerator.
- Make water “handy” for children to serve themselves. Fill cups and bottles of water “to go”.
- Serve water with ice and/or fruit slices or frozen fruit.
- Set a good example by drinking water with the children.
- Serve milk at meal times.
- Do not add chocolate or strawberry flavors to milk. Blend with fresh or frozen fruit instead.
- Don't purchase sodas, sports drinks and juice drinks; if it's not readily available, kids won't drink it.
- Check labels for 100% juice and serve no more than once a day.

— Catherine Stafford  
Contra Costa Child Care Council

## KIDS' HEALTH & SAFETY

# Itsy Bitsy Spider Bites

**SPIDERS COEXIST WITH HUMANS**, rarely transmit communicable diseases and play a role in the ecosystem as they consume mosquitoes and flies which are responsible for spreading diseases. However, occasionally spider bites can cause allergic reactions and bites by a black widow or brown recluse can be very dangerous.

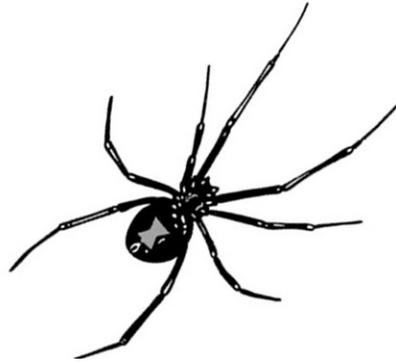
### Only a few spiders are dangerous to humans

There are more than 30,000 species of spiders, most of them poisonous, but only a few species (approximately 200) are dangerous to humans. This is because most spider bites do not fully penetrate human skin due to their short fangs and fragile mouthparts. In the United States, most spiders are harmless with the exception of the black widow and the brown recluse. Both prefer warm climates and dark places and usually live in dry, messy, undisturbed areas, such as closets, sheds, under sinks, behind furniture and in woodpiles.

- **The black widow spider** is known for the red hourglass marking on its belly and is about one-half inch long with long legs. They are shy by nature and bite only when trapped, sat on or accidentally touched.
- **The brown recluse spider** is about half to one inch long and all brown except for a dark mark in the shape of a violin on its head. These spiders will often move slowly and then make a sudden fast move for a couple of inches, then return to the previous sluggish pace. Brown recluse spiders are *not* found in California.

### Signs and symptoms of spider bites

Spiders rarely bite people and most bites are harmless causing a reaction similar to that of a bee sting, including redness, itching, pain and minor swelling at the site. Some people have more severe reactions to bites and infants and children may be more affected. Serious injuries from spider bites can include severe wounds caused by brown recluse spiders and body wide poisoning caused by black widow spiders.



A bite by a black widow spider sometimes feels like a little pinprick. Hours later, the venom can cause painful cramps starting in the muscles around the bite and then spreading. Other symptoms include weakness, nausea, vomiting, sweating and headache.

A bite by a brown recluse spider is most often minor, however, a small number of bites produce severe necrosis of the skin, the premature death of living tissue and sometimes affect the whole body with damage to organs and occasional death.

Many people believe they were bitten by a spider when they really have another disorder such as a skin infection or bite by another insect.

### What should you do if you are bitten by a spider?

Wash the bite area with soap and water. Apply an ice pack or a wet compress. If needed, use over-the-counter pain medicine. Seek medical treatment for anyone with severe symptoms. If you suspect a bite by a black widow or brown recluse, apply ice to the bite site and go to the emergency room.

### Tips for Preventing Spider Bites

- Be careful in areas where spiders like to spend time.
- Do not let children play around rock or wood piles.
- Wear gloves when working outside in the yard in big piles of logs or leaves.
- Shake out shoes before putting them on, if kept in a mudroom or garage.
- Shake out bedding and clothing that has been stored in an attic, basement or shed, or if it has been in a closet for long time.
- Look carefully behind furniture before reaching around to clean.

— Adapted from Child Care Health Connections  
[www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)

## Grilled Summer Squash Pizza

Olive oil .....	1 tsp	Cooking spray	
Balsamic vinegar .....	1 tsp	Pizza crust, prepared, whole wheat .....	12 inch
Salt .....	1/8 tsp	Tomatoes, thinly sliced .....	2
Black pepper .....	1/8 tsp	Romano or Parmesan cheese, grated .....	1/2 cup
Zucchini, sliced lengthwise, (1/4 inch) .....	1 medium	Basil, fresh, sliced .....	2 Tbsp
Yellow squash, sliced lengthwise, (1/4 inch) .....	1 medium	Oregano, fresh, chopped .....	1 tsp

1. Heat grill and spray rack with cooking spray. Combine oil, vinegar, salt and pepper in a bowl. Toss gently with slices of squash. Grill 2 minutes on each side.
2. Reduce grill temperature. Grill pizza crust 1–2 minute on each side or until lightly toasted. Arrange squash over the crust. Arrange tomatoes over squash; toss cheese with basil and oregano, sprinkle over tomatoes. Grill 5 minutes or until thoroughly heated. Remove from grill and serve.

Yield: 8 servings

Meets requirement for breads/grain and fruit/vegetable

— Adapted from: *myrecipes.com*

## Greek Yogurt with Warm Berry Sauce

Blueberries, fresh or frozen .....	1 1/2 cups
Blackberries, fresh or frozen .....	1 1/2 cups
Water .....	1/2 cup
Sugar .....	1/4 cup
Lemon juice .....	2 Tbsp
Butter .....	1 Tbsp
Plain Greek yogurt .....	2 cups

1. Combine berries, water, sugar and lemon juice in a saucepan. Bring to a boil, reduce heat to medium-low; gently boil for 10 minutes. Stir in butter. Cool slightly.
2. Spoon yogurt into 4 bowls, top with warm berry sauce and serve immediately.

Yield: 4 servings

Meets requirement for protein/meat alternate and fruit/vegetable, at snack time only

— Adapted from: *myrecipes.com*

## Activity Corner

### BANANA POPS

Children will enjoy making and eating these easy, healthy, frozen treats. You will need popsicle sticks, a cookie sheet, wax paper, a large zip-lock food storage bag, a rolling pin, bananas, peanut butter or sunflower seed butter and graham crackers.

1. Have children peel bananas and cut them in half with a butter knife.
2. Help children insert a popsicle stick 1 inch into the center of each banana.
3. Place banana pops on a cookie sheet lined with wax paper and freeze for several hours or until hard.
4. Have children crush graham crackers by placing the graham crackers in a zip-lock storage bag and rolling a rolling-pin over the bag. Pour crumbs onto a large plate.
5. After demonstrating, give the children butter knives to spread the peanut or sunflower seed butter onto each banana pop and roll it in the cracker crumbs.



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**Food Q: Why do toadstools grow so close together?**  
**Funny A: Because they don't need mushroom!**